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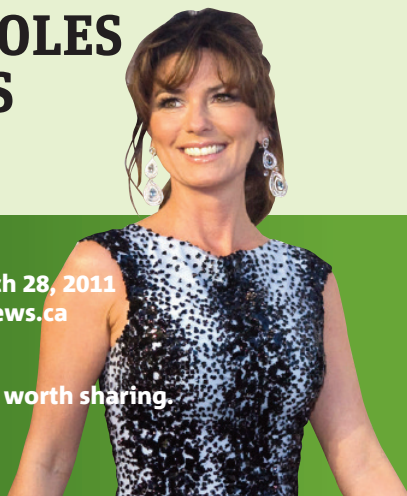
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**SENS SQUISHED IN SHOOTOUT**  
**THRASHERS CLING TO PLAYOFF HOPES** {page 21}



**HIGH NOTE**  
**CANADA DOLES OUT JUNOS SCENE** {page 11}



OTTAWA

**metro**®

Monday, March 28, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.

# Suspicious death at motel

► 34-year-old man arrested on scene and taken into custody ► Police say they're treating woman's suspicious death as a homicide ► Autopsy scheduled for today



► A police cruiser sits outside the Saadé International Inn yesterday as police investigate the suspicious death of a 23-year-old woman that occurred on Saturday night.

Police say charges are pending against a 34-year-old man who was arrested Saturday, following the death of a 23-year-old woman at a motel in Ottawa's south end.

Police were called to the Saadé International Inn at 8:40 p.m. Saturday. Police said there were obvious signs of violence at the scene, but a cause of death could not be

confirmed until after an autopsy, scheduled for today.

Police cordoned off the area where the woman was found. The All Win Chinese restaurant and Diamonds Cabaret strip club, which are attached to the motel building, were also blocked with police tape yesterday.

All of yesterday the Major Crime Unit continued their investigation inside the motel, which sits next to a forest at the corner of Bank Street and Rideau Road, north of Greely. Next to the strip club police also roped off a small white building, which used to be owned by National Automotive.

► JOE LOFARO

OC Transpo

## Transit talk takes the high road

► Tonight's public meeting will actually give riders the chance to ask questions related to their route ► Managers say public input welcome {page 10}

## Let the baby kissing begin

Candidates take to the streets, blazing the campaign trail {page 3}



## Earthquake hits Japan again

Country hit by 6.5 quake, tsunami alert issued {page 4}

## Tories insist on coalition angle

Opposition denies charges in PC message {page 4}

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# Contenders stake out election campaign turf

- Candidates tackle signs, headquarters and last-minute bumps on the campaign trail
- Ottawa Centre PC candidate says he's disappointed it has come to an election, but excited

Armies of election-campaign volunteers fanned out across Ottawa after the federal election writ dropped, staking signs, opening campaign offices and knocking on doors.

For some Ottawa candidates, knocking on doors was nothing new.

Liberal Ottawa Centre candidate Scott Bradley estimated he'd knocked on about 12,000 over the

course of the last year as he prepared for the inevitable election.

"Now we're really focused on the logistical details," he said Thursday on the eve of the non-confidence vote. "Getting signs, getting the campaign office open."

On Friday morning, hours before the government fell, Trevor Haché, the NDP candidate for Ot-

tawa-Vanier, got a surprise.

The office his campaign had lined up turned out to be next door to an Elections Canada returning office, a violation of regulations.

"We were told by our landlord that Elections Canada would not let him rent to us and so we were sent scrambling," Haché said.

**"This is my first time running and I'm excited by it."**

DAMIAN KONSTANTINAKOS,  
CONSERVATIVE PARTY CANDIDATE

By yesterday morning, he'd found and moved into new digs.

Damian Konstantinacos, Conservative Party candidate for Ottawa Cen-

tre said he was disappointed that it had come to an election, but was excited to be running for office.

"The phone has been ringing off the hook with people looking to offer their support," he said as he and campaign volunteers set up his headquarters.

SEAN MCKIBBON AND STEVE COLLINS



Greens ride anti-nuclear energy wave to historic victory in German elections.

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**A court decision changes how immigration officials handle "poison pen" letters. Guidy Mamann has more at [metronews.ca/immigration](http://metronews.ca/immigration)**

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# What coalition? Grits deny Harper's charge

► Tories insist on alliance threat, despite denial from opposition ► Duceppe calls out Harper for hypocrisy



Stephen Harper appears determined to campaign against the notion of a coalition threat that his Liberal opponent has explicitly ruled out.

But the Conservative prime minister is getting a rough ride from Bloc Québécois Leader Gilles Duceppe, who says Harper is rewriting his own history on the issue.

"He wants this entire campaign to rest on a lie," Duceppe said yesterday morning during a fiery, televised rant in Montreal.

The prime minister opened the first full day of election campaigning in the Toronto suburb of Brampton, lauding a laundry list of Conservative budget goodies he said were rejected by his political opponents last week.

The Conservative minority fell on an unprecedented contempt-of-Parliament vote of non-confidence, setting the stage for a May 2 federal vote — the fourth in seven years.

## Spring voting

Key dates for Canada's 41st federal election:

- **March 26:** Governor General dissolved Parliament, launching election campaign.
- **April 11:** Deadline for nominations in the 308 ridings.
- **April 22, 23, 25:** Advance voting days.
- **April 26:** Last day to apply for a special ballot to vote in advance by mail or in person at an Elections Canada office.
- **May 2:** Voting day, following a 36-day campaign.

His speech to Conservative partisans in a Liberal-held riding cited numerous budget measures he said were denied to voters by the opposition parties — a "coalition" in Harper's oft-repeated refrain.

Liberal Leader Michael Ignatieff, campaigning in Montreal, said "Harper has a problem with democracy."

A day earlier, Ignatieff had ruled out forming a

coalition government and insisted that the party winning the most seats gets the chance to form government. But the Conservatives nonetheless are using the prospect of a united opposition overthrow to make a pitch for a majority of seats in the House of Commons.

The prime minister had a tougher time when confronted by reporters with questions about his own clear record in the matter of minority government legitimacy.

"Mr. Ignatieff believes he can form the government if he doesn't win the election," Harper said. "I don't believe that."

But in 2004, Harper's stated position as leader of the official Opposition was exactly the opposite.

He invited the NDP and the separatist Bloc Québécois to sign a joint letter reminding the governor general that if Paul Martin's freshly minted minority Liberals were defeated on their throne speech, there were options other than another election.

THE CANADIAN PRESS



► Bloc Québécois Leader Gilles Duceppe uses his reading glasses to read a letter written in 2004 and signed by then Conservative Leader Stephen Harper, NDP Leader Jack Layton and himself, asking to form a coalition during a rally yesterday in Bois-des-Filion, Que.

## Another quake hits Japan

A magnitude-6.5 earthquake shook eastern Japan off the quake-ravaged coast Monday morning, local time, the U.S.

Geological Survey reported, prompting Japan to issue a tsunami alert.

There were no immediate reports of damage, but the Japan Meteorological Agency announced that a tsunami of up to half a metre may wash into Miyagi prefecture.

The tsunami alert was localized to Japan. The U.S. Pacific Tsunami Warning Center said no wave was expected in Hawaii or on the U.S. West Coast.

The alert was prompted by a quake measured at 7:23 a.m. Japan time near the east coast of Honshu.

THE ASSOCIATED PRESS

## Battle for suburbia: HST key issue in B.C.

NDP Leader Jack Layton is joining the election campaign's three-way fight for the suburban vote.

He's spending his second campaign day in Surrey, B.C., just outside Vancouver, where he hopes the NDP can gain a seat last won by Conservative Dona Cadman.

Layton is hoping to revive the anger many British Columbians felt about the provincial and federal governments working together to impose the Harmonized Sales Tax.

"New Democrats were first or second to the Conservatives in two-thirds of B.C. ridings," Layton told a town hall meeting. "And that was before every single Conservative MP voted

Yes to the HST."

The party is also focused on the nearby riding of Newton-North Delta, held by the Liberals.

All three parties are dotting on the suburbs, partly because suburban populations are growing and changing so quickly that political opinions are in flux and many seats are up for grabs.

The Conservatives have already been to the Toronto suburbs, and Liberal Leader Michael Ignatieff is heading in that direction, too.

In Surrey, Layton will stress the NDP is the most effective choice for voters who want to get rid of the Conservatives — especially in British Columbia.

THE CANADIAN PRESS

## JAPANESE EARTHQUAKE CHARITY EVENT

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# Libyan oil centres fall to rebel forces

► NATO airstrikes have crippled Gadhafi ► Opposition fighters able to advance west less than two weeks after they seemed on the brink of defeat

## Qatar

Now that they have the oil, the rebels are making tentative plans to exploit Libya's most valuable natural resource.

- **Production is at a trickle**, the foreign oil workers and their vital expertise have fled the country, and even talk of a marketing deal with Qatar seems murky at best.
- **The agreement** with the tiny Gulf nation of Qatar could allow the rebels to exploit Libya's vast oil reserves — most of which are in the territory they control.
- Qatar is the **only Arab country** known to have actively joined with the international force.

Libyan rebels regained two key oil complexes in a high-speed advance west on Libya's coast yesterday, retracing the steps of their first march toward the capital with their path cleared by the world's most powerful air force.

On the eastern approach

of Ras Lanouf, airstrikes hit three empty tank transporters and left two buildings that appeared to be sleeping quarters pockmarked with shrapnel. As at the oil port of Brega and the city of Ajdabiya before it, Gadhafi's troops appear to have left in a hurry, abandon-

ing ammunition and disappearing without a fight.

The Gadhafi regime on Saturday acknowledged the airstrikes had forced its troops to retreat and accused international forces of choosing sides.

THE ASSOCIATED PRESS

## LIBYAN WOMAN SETS OFF HOTEL MELEE

A distraught Libyan woman stormed into a Tripoli hotel Saturday to tell foreign reporters that government troops raped her, setting off a brawl when hotel staff and government minders tried to detain her.

Iman al-Obeidi was tackled by waitresses and gov-

ernment minders as she sat telling her story to journalists after she rushed into the restaurant at the Rixos hotel, where a number of foreign journalists were eating breakfast.

As al-Obeidi spoke, a hotel waitress brandished a butter knife, a government minder reached for his

handgun and another waitress pulled a jacket tightly over her head.

It soon turned into a scene of chaos, with journalists attempting to protect the woman from government minders who physically attacked and intimidated her.

THE ASSOCIATED PRESS

## Japan. Keeping warm



► Evacuees forced to leave their homes because of the crisis at the Fukushima Dai-ichi nuclear power plant circle a bonfire fueled with wooden sandals that Buddhist monks donated in Ishinomaki, northeastern Japan, yesterday.

KYODO NEWS/THE ASSOCIATED PRESS

## Misreading radiation

Emergency workers struggling to pump contaminated water from Japan's stricken nuclear complex fled from one of the troubled reactors yesterday after reporting a huge increase in radioactivity — a spike that officials later apologetically said was inaccurate.



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# RIM readies for PlayBook's belated launch

► But low-key promotion strategy has even fans worried about problems with the tablet

The release of Research In Motion's PlayBook could be "the most significant development" for the company since the launch of its first BlackBerry in 1999, co-CEO Jim Balsillie says.

But will consumers glance up from their iPads for even a second to give it a chance?

Buzz for the PlayBook was palpable when the tablet was announced late last September. But online critics long ago grew weary of the months-long wait for the device. And few expect that even fanatical RIM fans will show their devotion like Apple's customers do — by lining up overnight — when the PlayBook launches on April 19.

## Queue for iPad 2

Apple fans across the country hunkered down, some overnight, in long lines on Friday to get their hands on the iPad 2.

- At the Eaton Centre in Toronto, Oren Lasko arrived at the Apple store at about 7:30 a.m. on Thursday, making his wait for an iPad 2 nearly 36 hours long.
- The tablet didn't go on sale until 5 p.m. Friday.
- Availability for all models is three to four weeks.

Balsillie said Thursday that RIM will be sending demo units to key For-

tune 500 customers and has already got "fantastic" feedback.

But investors were less confident after the company released its latest earnings report. RIM stock plummeted more than 10 per cent on Friday.

The fact that it's taken RIM so long to bring its tablet to market also hasn't inspired confidence, says David Soberman of the University of Toronto's Rotman School of Management.

He says RIM's low-key promotion for the PlayBook might reflect an initial focus on its loyal corporate market, with consumers being wooed in the second wave of sales.

THE CANADIAN PRESS

## Customer Service



► Tom Hargitai ushers a customer through the doors of Holt Renfrew's flagship store on Bloor Street in Toronto. The doorman is being shown the door after 21 years.

ANDREW WALLACE/TORSTAR NEWS SERVICE





## Forced exit for doorman

Holt Renfrew customers rallied this weekend to save the job of the beloved doorman of the flagship Bloor Street store in Toronto. For 21 years, Tom Hargitai, 57, was the embodiment of customer service, greeting shoppers and passersby alike with his trademark smile and genuine warmth. Hundreds of entries on Twitter praised Hargitai and called for the luxury retailer to reverse the decision.

## HMV to sell Canadian stores?

HMV might sell its 125 Canadian stores to pay off \$204 million in debt accrued as customers have turned to digital downloading. Its British parent company said Friday that it hasn't had any offers yet, but is exploring its strategic options. Nevertheless, HMV Canada said it is going ahead with plans to open several new concept stores across the country. THE CANADIAN PRESS

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#### Public meetings begin tonight on OC Transpo's "network optimization."

The scheme is supposed to shave \$19.5 million off the transit budget in its first full year, but OC Transpo claims 93 per cent of us won't even notice the difference. Approximately 100 per cent of us should view this figure with skepticism.

The need for change has been repeatedly driven home. Without changes, the city estimates it will need a five per cent tax increase in property taxes by 2016 — \$145 million — just to support transit.

The problem, apparently, and this may come as a surprise to some, is that our bus system is just too good. Currently, 98.6 per

cent of urban households have a five-minute walk to a bus stop and 99.9 per cent are within a 10-minute walk. Under the proposed regime, 95 per cent will walk five minutes or less during peak periods, and 10 minutes at other times.

How do we get there? Details have been slow in coming. There was no discussion of specific changes during budget deliberations, but council approved the size of the service cut.

Even last week, as the interim transit commission got details of

the changes, members were asked to keep their questions about specific routes for another day and stick to "high-level" inquiries.

Nobody rides the bus at a high level, however. Bus riders want to know what's happening to the bus they actually ride, and it can be tough to dig that information out of the lengthy list of route mergers and schedule cuts on offer.

Now, finally, you can ask specific questions about your particular bus ride. OC Transpo

managers said last week that these meetings would allow the public to help "make these changes even better."

Whether that extends to actually listening to riders, and to reversing any changes to which they are strongly opposed, remains to be seen. The size of the service cut is already in the budget, and this package of changes is the formula for getting there. If one cut is reversed, what equivalent measure will have to be taken to keep the budget on target?

The best way to find out is to show up at a meeting and have your say.

If you get the impression that you are just being humoured, informed of decisions already made, maybe it's time for a reminder of who works for whom.

**"Now, finally, you can ask specific questions about your particular bus ride. OC Transpo managers said last week that these meetings would allow the public to help 'make these changes even better.'"**

## Cartoon

MICHAEL DE ADDER



# No reason to get rattled

## Worth mentioning

Here's some good news in the wake of Japan's disaster: A new study says big earthquakes don't set off other dangerous ones around the globe.

Big quakes do trigger local aftershocks, but researchers found no sign of setting off moderate-sized events beyond about 950 kilometres away.

That won't surprise most experts, said lead study author Tom Parsons. But it's different from his prior research, which did find a global effect for setting off small quakes, said Parsons, of the U.S. Geological Survey in Menlo Park, Calif.

Parsons and Aaron

## A world away



Velasco of the University of Texas at El Paso reported the work online yesterday in the journal Nature Geoscience.

They looked at worldwide earthquake records for the 30 years ending in 2009. There were 205 big earthquakes, with magnitude of 7 or more, and 25,222 moderate ones with magnitudes

between 5 and 7.

While the study didn't look at whether big quakes trigger other big quakes far away, the new data suggest they do not, Parsons said. Anyway, since the world averages only about seven quakes at magnitude 7 or above per year, any such effect would have been noticed already, he said. **THE ASSOCIATED PRESS**

## What's the best advice you have received?

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## Metro Minute with Randy Newman

Catch veteran entertainer Randy Newman at Centrepointe Theatre tonight.

The composer/singer/songwriter, who has won Oscar, Emmy and Grammy Awards, draws on a long career, from his first commercial hit *Mama Told Me Not To Come* (recorded by Three Dog Night); to '70s albums *Sail Away*, *Twelve Songs* and *Good Old Boys*;

to radio hits *Short People* and *I Love L.A.* He has also composed numerous film scores, including *Ragtime*, *The Natural*, *Seabiscuit*, *Pleasantville* and *Meet The Fockers*, plus the animated films *Toy Story*, *Monsters Inc.*, *A Bug's Life* and *Cars*.

Showtime is 8 p.m. Tickets are \$64.50, or \$57.50 for Front & Centre members. ● METRO



► Randy Newman will play the Centrepointe Theatre tonight.



► The nation's mightiest musicians touch down in Toronto for the 40th annual Juno Awards  
 ► Bieber takes home his first Junos, while Arcade Fire secures the night's biggest prize

# Canada shines at the Junos



Arcade Fire won a leading four trophies — including album of the year — while rock legend Neil Young claimed the prize for artist of the year and 17-year-old teen-pop titan Justin Bieber won the first two Juno Awards of his career at a 40th-anniversary bash on Sunday that looked to the past as well as the future.

But the news wasn't as good for 24-year-old rapper Drake, who hosted the hometown hullabaloo with energetic panache and entered the weekend with a leading six nominations, but wound up heading home empty-handed.

Arcade Fire — the fiercely independent Montreal rockers whose cerebral or-

chestral rock has helped them build a devoted following — stunned the music world six weeks ago by claiming the award for album of the year at the Grammys.

Unfortunately for millions of his tween devotees watching at home, Bieber — the platinum-selling pint-sized pop crooner from Stratford, Ont. — couldn't appear in person to collect his first two Juno trophies due to a scheduling demand overseas.

His fresh face — ratings gold for CTV, of course — still surfaced several times during the two-and-a-half-hour broadcast, however, as he accepted his awards via video messages.

"I want to thank everybody so much for believing in me," said Bieber, captured onstage in an empty arena.

While Drake might have been disappointed by his award take, he put in a solid appearance as host, showcasing his comedic timing with an admirable performance as the straight man in entertaining skits with CTV news anchor Lloyd Robertson and Bieber.

"You, my friend, have the voice of a young rabbi," Drake told Bieber.

The evening's other tro-



► Rap star Drake serves as host of the Juno Awards last night in Toronto.

phy, new artist of the year, went to London, Ont., singer/songwriter Meaghan Smith — and if there was an award for the most gobs-macked winner, she would have taken that, too.

The 40th-anniversary celebration of the Junos —

which began on Feb. 23, 1970, as an informal, non-televvised dinner gala in Toronto and has evolved into a glitzy broadcast bonanza — promised to celebrate Canadian music's storied past as well as its future.

THE CANADIAN PRESS



► Singer Keshia Chante poses on the red carpet.

## Rocker makes rare appearance

Neil Young appeared at the Juno Awards for the first time in nearly three decades on Saturday to accept the adult alternative album of the year prize at a dinner gala where the first batch of trophies was handed out.

The 65-year-old Toronto-born rock legend received a standing ovation from the crowd at Toronto's Allstream Centre, where 32 of 40 awards were presented ahead of last night's televised Juno show.

Young — who six weeks ago won his first career Grammy for his music (he had previously won a packing Grammy) — said

backstage that he last appeared at the Junos for his induction into the Hall of Fame in 1982, and hadn't intended to stay away for so long.

"There was really no

reason why I didn't get on with it," said Young, clad all in black except for a vivid red scarf. "I'm not really an awards kind of guy that much. But it's great to get one. It's a

DARREN CALABRESE/THE CANADIAN PRESS



► Neil Young accepts a Juno for adult alternative album of the year on Saturday night.

great honour.

"I appreciate it. The older I get, the more appreciative I am."

Arcade Fire, Daniel Lanois, Matthew Good, Deadmau5 and country-pop crossover crooner Johnny Reid also nabbed trophies on Saturday.

Arcade Fire took the award for alternative album of the year — the band's third Juno — for their third record, *The Suburbs*. The band stunned the music world last month at the Grammys when it managed to claim that show's top prize — album of the year.

THE CANADIAN PRESS

## Saturday's big wins

Here are some of the key winners at Saturday's Juno Awards gala dinner, where 32 of 40 awards were handed out before last night's television broadcast:

**Adult Alternative Album of the Year:** Neil Young, *Le Noise*  
**Alternative Album of the Year:** Arcade Fire, *The Suburbs*  
**Rock Album of the Year:** Matthew Good, *Vancouver*  
**Vocal Jazz Album of the Year:** Kellylee Evans, *Nina*  
**Francophone Album of the Year:** Karkwa, *Les chemins de verre*  
**Rap Recording of the Year:** Shad, *TSOL*  
**Dance Recording of the Year:** Deadmau5, *Sofi*  
**Needs a Ladder**  
 THE CANADIAN PRESS

### Box office



A wimpy kid has delivered a knockout punch to a band of warrior vixens at the weekend box office.

The family sequel, *Diary of a Wimpy Kid: Rodrick Rules*, debuted as the No. 1 movie, with \$24.4 million, according to studio estimates yesterday. The girl-power action fantasy *Sucker Punch* opened at No. 2, with \$19 million.

The previous weekend's top movie, the sci-fi thriller *Limitless*, slipped to third, with \$15.2 million, raising its total to \$41.3 million.

Released by 20th Century Fox, *Rodrick Rules* did a bit more business than its predecessor, *Diary of a Wimpy Kid*, which opened a year ago, with \$22.1 million. The *Wimpy Kid* movies are based on the children's books by Jeff Kinney about a timid youth trying to cope at school and home.



For more coverage of the Juno Awards, scan this code or visit [metronews.ca/scene](http://metronews.ca/scene)



## Talking points

Bret Michaels  
files suit

**LITIGATION.** Bret Michaels is suing CBS and the Tony Awards over an onstage mishap at the 2009 awards when he was hit in the head with a moving set piece at the end of a musical number, according to TMZ.

Though he was only hospitalized for a broken nose and cut lip after the show, his suit maintains that the incident was responsible for the life-threatening brain hemorrhage he suffered six months later. "One of the most common causes of this type of hemorrhage is head trauma — exactly like the one Michaels suffered at the hands of the Tony



Bret Michaels

Awards," the suit, filed in L.A. Superior Court, states. **METRO**

Zellweger  
moves out

**IT'S OVER.** Any chance of Renee Zellweger and Bradley Cooper reconciling seems to be fading, as Zellweger was seen moving her things out of Cooper's home last week, according to Hollyscoop. But she wasn't letting the task get her down.

"She seems to be handling the breakup well," a witness says. "She had a big smile on her face and a skip in her step." Cooper was reportedly not at home during the chore.

**METRO**

## Reese walks the aisle

## ▶ Actress weds agent Jim Toth in private ceremony this weekend

## ▶ Witherspoon's children with Ryan Phillippe among attendees

As predicted, Reese Witherspoon and fiancé Jim Toth tied the knot over the weekend at her Ojai, Calif., ranch, according to Us Weekly.

The small ceremony was reportedly performed in front of 120 guests, including Tobey Maguire, Renee Zellweger and Alyssa Milano, and Witherspoon's two children with ex-husband Ryan Phillippe were part of the ceremony.

The pair were engaged in December when Toth bought Witherspoon a \$250,000 engagement ring.

**METRO**



▶ Reese Witherspoon and Jim Toth are now husband and wife.

ALL PHOTOS GETTY IMAGES

## Celebrity tweets



## George Lopez

[@georgelopez] I misjudged the joke. No malice was intended and I apologize to Kirstie.



## Kelly Osbourne

[@MissKellyO] I hate my predictive texting so much ever time i pluck up the courage 2 send a flirty text it always comes out wrong & makes me look stupid



## Sarah Silverman

[@SarahKSilverman] Your middle-aged pierced ear tells a different story than you think.

**METRO**

## (LES FRIDOLINADES)

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News worth sharing.





▶ The video of Casey and Ritchard sparked memories for the writer of this piece.



# Memoir of a bully

► An online video of one teenager attacking another has sparked outrage  
► But it's not shocking if you remember what life was like as a teen



**SAM D'AMATO**  
LIFE@METRONEWS.CA

The video is shot on a cell phone. In it, a scrawny teenager approaches a fat kid, and punches him in the face. The fat kid doesn't move — he just stands there. Then he's punched again. "Wow," says the giggly teen who's filming. "This is getting sad, bro."

A second later, the fat kid dives after the little one, picks him up, body slams him onto the concrete — wham! — and walks away. The little kid tries to stand. He limps as if he has brain damage. He falls down. The teen who's

filming laughs again — this time from fear.

Asked later, the "fat kid," Casey Heynes, an Australian 10th-grader, says he "snapped" and has been bullied all his life. (The 7th grader, Ritchard Gale, walked away with a scratched knee.) Casey has had suicidal thoughts.

Kids, full of hormones, are bound to fight. But perhaps if parents shared more of their own childhood experience, teens would understand their feelings better. I'll start.

As a young teenager, I was an extremely shy person of below-average height, with glasses, neither popular nor the

school nerd (although being in the all boy's chorus didn't help my social status). I had anger over my parents' divorce, but otherwise was even-tempered, a kind and dutiful in school.

Someone in the all-girls' chorus liked me. Elise was nice but six inches taller, 50 pounds overweight and had bad skin. After smiling my way for weeks, she sent me a love note.

I never replied. Instead, with the urging of a buddy, I bought a canister of Slim-Fast, the weight-loss powder. I gift-wrapped it. And with the note "From Sam," I had it delivered via one of her girlfriends. Standing 30 feet away, in an outdoor

school hallway, I watched as she opened it.

Her friends reacted first, gasping and looking for someone to kill. But she smiled my way. It was a weak smile. I looked down. I never apologized. We never spoke again.

I had punched Elise in the face. And although no one had a cell phone camera to capture it, I'll never forget her look. In that instant, I saw the "fat kid" for what she was: a person.

*P.S. I got my comeuppance: Three years later, a bully punched me in the face because I didn't love heavy metal enough. He ran away when he saw my bloody nose. Don't you miss being a teen?*

## THREE MOMS ON ...

... LETTING DAD HANG OUT WITH HIS FRIENDS. DO THEY LET THEIR HUSBANDS GET AWAY? HOW OFTEN?

### THE HIPPIE MOM

**Lili Meier**  
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online

Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Everyone needs to chill — especially parents! I'm totally supportive of hubby going out with his friends. The happier individuals are with themselves, the better parents they'll be. If people feel "stuck" at home, resentment can develop.

### THE HIGH-POWERED WORKING MOM

**Avis Jones-DeWeever**

Executive Director, National Council of Negro Women  
Mother of two boys, Aidan, 7, and Guy, 14

As someone who is now happily divorced, I will admit that my ex-husband's frequent and late night socializing presented a serious detriment to our marriage. I'm not one of those who believes that marriage marks the end to individuality. But finding "fun" time for friends and not for one's spouse is a recipe for disaster.

### THE STAY-AT-HOME MOM

**Samantha Mellen**

Two boys: Lucas, 2, and Joshua, 4 months

My husband is busy with work, school and family. But personal time for him is very important. Occasionally, after the kids are in bed, my husband likes to get a beer with his buddies. I actually wish he could get out more with his friends, but there never seems to be enough hours in the day!

# 3

life

## Allergies



# 4%

• Four per cent of first-born children have allergies, as opposed to three and a half per cent of second-borns and 2.6 per cent of third-borns, according to the pediatrics department at Shiga Medical Center for Children in Kyoto University, Japan.

Researchers say the mothers develop more anti-bodies in the womb during each pregnancy.

METRO WORLD NEWS



Is Gandhi in hell? Pastor challenges familiar notions about Christian eternity.

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▶ A scene from the television show Six Feet Under.

## Sea of black at funerals may be changing

Black is still the traditional colour to wear at a funeral, but these days the bereaved are increasingly likely to don a kaleidoscope of hues when attending a memorial service, say observers and etiquette experts who notice a shift away from dark formal attire.

Bright colours, jeans, cleavage and even shorts are among the long-held taboos that are being broken at sombre farewells, bemoans Peter Post, great-grandson of the late manners maven Emily Post.

Post says he's surprised by the casual approach some mourners take to funerals these days, noting that the sea of black that might have distinguished services of yore is no longer the norm.

"I have been somewhat taken aback at times by the clothes that people choose to wear to what is a respectful and sort of a

solemn occasion," Post says from the Emily Post Institute in Burlington, Vt.

"I've seen people show up in shorts, which I thought was wrong. ... and it was just like, 'What are you doing?'"

But those extreme cases are rare, says Toronto funeral director Jordan Benjamin, who nevertheless agrees that strict conventions about what to wear to a funeral service have loosened.

"In the past where it may have been all black and dark colours, I think it's more a question of people dressing respectfully and dressing for the weather, whatever that may be," says Benjamin, whose family has provided Jewish funeral services at the Benjamin Park Memorial Chapel for four generations.

"Most of the time they're still in the darker shades." **THE CANADIAN PRESS**

# Scouts staying 'Fresh'

▶ Scouts Canada unveils new uniforms designed by Joe Fresh Style

Scouts Canada has style top of mind as it introduces a revamped uniform as part of its big push to revitalize the scouting movement.

Colours are spruced up and sashes for badges disappear for Cubs and Scouts, who will instead wear their symbols of achievement on their sleeves. Canadian flags are also featured in the new design.

The youth organization teamed with affordable apparel brand Joe Fresh Style to give the uniforms their first makeover in two decades.

"We've modernized our brand, we're modernizing our program, we're modernizing how we do business as an organization overall," Scouts Canada chief commissioner Steve Kent said in an interview from Mount Pearl, N.L.

"Having a uniform that's consistent with the kind of image we want to present to Canadian society is really important, and frankly, this uniform refresh is long overdue."

Kent said Joe Fresh was a "clear winner" of the uniform contract for a number of reasons, including leadership in designing clothes for young



▶ Riaz Patel models the new Scouts Canada Beaver Scout uniform.

people and brand recognition by Canadian families. Kent said creative director Joe Mimran took a personal interest in ensuring the project's success.

Mimran said in a statement that his company was honoured to be asked to help with the redesign.

"This organization has a rich history in Canada and we wanted to honour their heritage while at the same time updating the style and fabrication of the uniforms for today's youth."

The redesign was a collaborative process between Scouts Canada and the Joe Fresh team, in addition to consultations with thousands of Scouts members. The organization wanted uniforms that were practical and suitable for the demands of outdoor adventure and other activities.

Kent, who is also a member of the house as-

sembly in Newfoundland and Labrador, said it was important that the uniforms be produced in an environmentally and socially responsible way.

The garments needed to be affordable, modern, and convey an image consistent with the brand, appealing to youth and adult volunteers while respecting scouting traditions and values.

Kent said the new design for Rovers, young leaders aged 18-26, as well as adult volunteers and leaders is perhaps the most significant change — a "patriotic red" uniform. And the Canadian flag on the uniform serves as recognition of the role the organization has played in shaping generations of leaders in the country, Kent said.

**THE CANADIAN PRESS**

## 100K

Scouts Canada claims to currently have around 100,000 members. More than 20 per cent of membership is female, and girls' participation has grown steadily over the past decade.



▶ Clara Estrella models the new Scout uniform.

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# Eggplant, zucchini & tomatoes — oh my!

► This Mixed Vegetable Fusilli allows for many ingredient variations ► Add your favourites to the dish



► This recipe makes four servings.

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Small portions of this Mixed Vegetable Fusilli are perfect for a first course, but the dish has enough vegetables to satisfy your family as an entrée.

### Preparation:

**1** Slice eggplant into thin slices; stack and cut into

matchstick size pieces. Cut zucchini into matchstick-size pieces.

**2** In a large non-stick skillet, heat oil over medium-high heat. Add eggplant and cook, stirring, for about 6 minutes or until beginning to turn golden. Add stock and bring to a boil. Add zucchini, tomatoes and garlic; cook, stirring, for about 10 minutes or until zucchini and eggplant are tender but firm and sauce is slightly thickened. Add salt and pepper.

**3** Meanwhile, in large pot of boiling salted water, cook fusilli for about 10 minutes or until tender but firm. Drain and return to the pot. Add sauce and cheese; toss to coat.  
**Variation:** Try using carrots, broccoli, cherry tomatoes or other favourite vegetables to make up your own vegetable creation.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT [EMILYRICHARDSCOOK.CA](http://EMILYRICHARDSCOOK.CA)

### Ingredients:

- 1 small eggplant (about 8 oz/250 g)
- 2 small zucchini (about 12 oz/375 g total)
- 2 tbsp (25 mL) extra virgin

olive oil

- 1 cup (250 mL) vegetable stock
- 4 plum tomatoes, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt

- and freshly ground black pepper
- 1 box (375 g) whole wheat fusilli pasta
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano cheese

## Polenta with Sausage & Rapini

Polenta is the Italian name given to cornmeal when it is cooked as a soft, almost porridge-like, dish.

The cornmeal is cooked to become smooth and thick then topped with garlic, rapini and sausage.

### Preparation:

**1** In a skillet bring water to boil. Add rapini, cover and steam for 7 minutes, stirring at times, until tender. Drain well and set aside.

**2** Return skillet to medium heat and add oil. Cook sausage, breaking up with spoon for

about 6 minutes. Add rapini, garlic, hot pepper flakes and salt. Cook for 5 minutes.

**3** **Polenta:** In saucepan, bring stock to boil and gradually whisk in cornmeal. Bring to a gentle simmer, stirring frequently for about 12 minutes or until polenta mounds on spoon. Stir in water to loosen slightly and stir in cheese and parsley until cheese is melted.

**4** Spoon polenta into shallow soup bowls and top with rapini and

### Ingredients:

- 1 bunch rapini, trimmed and coarsely chopped
- 1 cup (250 mL) water
- 2 tbsp (25 mL) olive oil
- 2 Italian sausages,
- 4 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 tsp (1 mL) salt
- Polenta**
- 4 cups (1 L) chicken stock
- 1 cup (250 mL) cornmeal
- 1/2 cup (125 mL) water
- 1/3 cup (75 mL) freshly grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh Italian parsley

sausage mixture.

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# Turning trash into treasures



► Waste finds a new home.



- As Earth's resources become scarcer, people turning towards upcycling
- It's turning old junk into something more valuable and imaginative

An elegant aquarium made from an old computer monitor. Handbags made from old tires and soda cans. Forget recycling, "upcycling" — turning trash into more valuable treasures — is the hot new trend.

Mike Haines, who works for the British environmental group ClientEarth, has reinvented garbage for years.

"Recycling is good, but it uses a lot of energy," he ex-

plains. "Using something in the form it already exists in is much better for the environment."

Haines dyes and restyles old T-shirts, and has a box full of items waiting for a new life.

Now Haines is trendy.

"A lot of people upcycle without knowing it," says Debjit Chaudhuri, founder of the green networking website Elpis.com. "Using old boxes as CD racks is very common. But now

people are really discovering upcycling and getting creative about it."

When Elpis, a Germany-based website, announced an upcycling competition earlier this year and contributions arrived from around the world. Among the highlights pictured above: a lightbulb turned into a charming oil lamp, a lounge chair made from old skis, and an old rowboat turned into a gigantic flowerpot.

"On our discussion boards, people discuss how to commercialize their upcycled products, too," Chaudhuri says. "A few years ago, upcycling as a business idea would simply have been dismissed. But now resources are becoming scarce, and people are paying attention."

That's why there are already companies like Worn Again, which sells designer goods made from old clothes. ● CELIA PEDROSO

## Turning cooking oil into scented candles

Recycling initiatives across the world often transform cooking oil into biodiesel, but how about converting oil into scented candles?

Portuguese recycling solutions outfit Oon has come up with the upcycling business of turning used oil from the fryer into fragrant candle wax.

The Candlemaker, a domestic appliance that looks more like a trendy coffee maker than anything else, fil-

ters the oil to remove odors and sediment; the purified oil is then mixed with a colorant to create the candle wax.

Mário Silva, the brainchild of the concept, said his inspiration came from a restaurant, "a place where you can find many used oils and candles."

But how many candles will you burn for a product priced at \$279? ● CELIA PEDROSO



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## Queen of Green

**LINDSAY COULTER**

GREEN@METRONEWS.CA



**P**ossibly none of the above. Walk the dairy aisle of your grocery store and you'll see milk

packaged in waxed cartons, plastic jugs and glass bottles. To help you choose the most environmentally friendly option, we delve into the packaging. And wouldn't you know that for Albertans, milk packaging makes up one of the largest beverage-container waste streams in the province?

Glass bottles are the best option because they can be sterilized easily and reused. Their high deposit fee — about a dollar — also increases the likelihood that they will make it back to the store. When consumers return their bottles, the energy required to sterilize and refill them is far less than

## THE HEAVY PRICE OF BUYING MILK

What is better to buy: milk in waxed cartons or plastic jugs? *Kevin of Calgary*



► Milk brings with it a hefty price.

what's required to make a new paper milk carton. If you can find milk in glass, this is your best option.

Plastic milk jugs are made from high-density polyethylene (HDPE), or plastic numbered 2. It's safer for food than many other plastics and not quite as toxic to produce. Although widely recyclable in most municipal curbside programs, recovery and recycling rates vary. In provinces with milk-jug recovery programs, the Environment and Plastics Industry Council estimates a recovery rate of about 50

per cent. Recycled milk jugs are downcycled, ending their life as plant trays or non-food packaging — items often not easily recycled.

The paper milk carton, or polycoated gable-top cartons, are made from virgin paperboard. But buyer beware: They are not always accepted in municipal curbside recycling programs. Check the accepted items for your city or look into drop-off depots to ensure cartons get recycled and pulped into new paper products like tissues.

Put simply, reuse comes before recycle, making glass the top choice. Torn between plastic and paper? Consider this: if you go through a lot of milk, choose one four-litre plastic jug to buying two two-litre paper cartons — reduce is the first "r" after all. And be sure to keep both plastic and paper milk containers out of the landfill. Always recycle.



David  
Suzuki  
Foundation



- While it's true that employers likely won't read your entire cover letter, the document still does hold value
- Be sure to tailor your letter so that it suits the employer's needs

# Yes, cover letters still do matter



► If you think a résumé cover letter is as old-school as a typewriter, think again.

**DREW HINSHAW**  
LIFE@METRONWS.CA  
METRO WORLD NEWS

It might be the most important letter — that no one reads — that you ever write.

In the smartphone century, when job applications are often combed by automated software, and

nobody has the time to read anything longer than a preposition, the question of how to compose the perfect cover letter feels like a zen riddle: Why not just nail it to a tree crashing in an empty woods?

Yet the one-page document's value endures, career counsellors insist.

"There is still a role for the cover letter, but it is in-

creasingly shorter and shorter," President Louise Fletcher of Blue Sky Resume says.

"Two, maybe three paragraphs is the norm."

Don't expect the audience to make it to paragraph number two.

"Lots of people don't," Fletcher adds. "They look at the cover letter's first sentence to see what job

you're applying for, then go right for the résumé."

#### Spend Time On It

That said, you'd be foolhardy to drum up a unproofed cover letter, or worse, send out the same generic script for whatever position you put in for.

"Always custom tailor it," Internet job hunting expert Margaret Riley

Dikel says, even if you're completely sure it will languish at the unread bottom of an inbox.

"Some people will look closely at the letter and if it isn't personalized and didn't specifically address the details of the job, they'll ignore the résumé," she continues. "Write the best introduction so that people who skip it will be

fine, but people who read it will get your full story."

**Put Their Words in Your Letter**  
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# CANCER IS A BATTLE THAT CAN BE WON IF WE DON'T GIVE UP

## Turning Point

**TERESA KRUZE**  
LIFE@METRONEWS.CA



The doctor walked into her room and stared at the floor. "You have three months to live and we doubt you'll see the New Year."

Sherry Abbott was only 30 years old and in the days that followed her shock gave way to a steely resolve as she told the doctors, "How dare you

give up on me when I haven't given up on myself?"

Abbott endured six months of chemo, radiation and numerous surgeries and defied the doctor's grim prognosis. Now, 21 years later, she continues to inspire and empower other people who have been told they have cancer.

"I feel like I have been given my calling," Abbott says from behind the desk of her office at Look Good Feel Better, a program designed to support and help women during the tough days of cancer recovery.

We face so many turning points in our lives and career but never doubt the resilience of the human spirit.

April is Cancer Awareness Month. Support cancer research and force a

## What can you do?

- ▶ Join the "I Fight Cancer" movement at [fightback.ca](http://fightback.ca).
- ▶ Check out online support at [facingcancer.ca](http://facingcancer.ca).
- ▶ Take part in daffodil month activities in your community.
- ▶ Wear the new daffodil pin to show support for those living with cancer.

turning point for a cure and prevention for the disease that will claim the lives of one in four Canadians.

Sherry Abbott, the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor, is living proof that cancer can be beaten.



▶ Sherry Abbott is the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor. April is Cancer Awareness Month.

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City of Ottawa  
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Y Employment Access Centre  
180 Argyle Ave, 4th Floor • 613-788-5001  
St. Lawrence College  
71 Bank St, 5th Floor • 613-232-0022

#### OTTAWA WEST

ITO 2.0  
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JHS Community Employment Resource Centre  
3730 Richmond Rd, Suite 216  
613-828-2123  
Pinecrest-Queensway Employment Services  
2525 Carling Ave • 613-288-3880  
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# Suffering from a case of too many books?

► A tough goodbye: De-cluttering bookshelves and purging old books can be a daunting task

It's spring, and home improvements and spring cleanings are in the air.

In the name of renewal (and family peace), my husband and I repurposed our rec room into a master bedroom and let our girls, ages 12 and six, have their own rooms. In the process, we had to redistribute everyone's books. We shuffled them from room to room and set them on newly installed shelves, but we still had a lot left over.

I was forced to admit it: I had too many books.

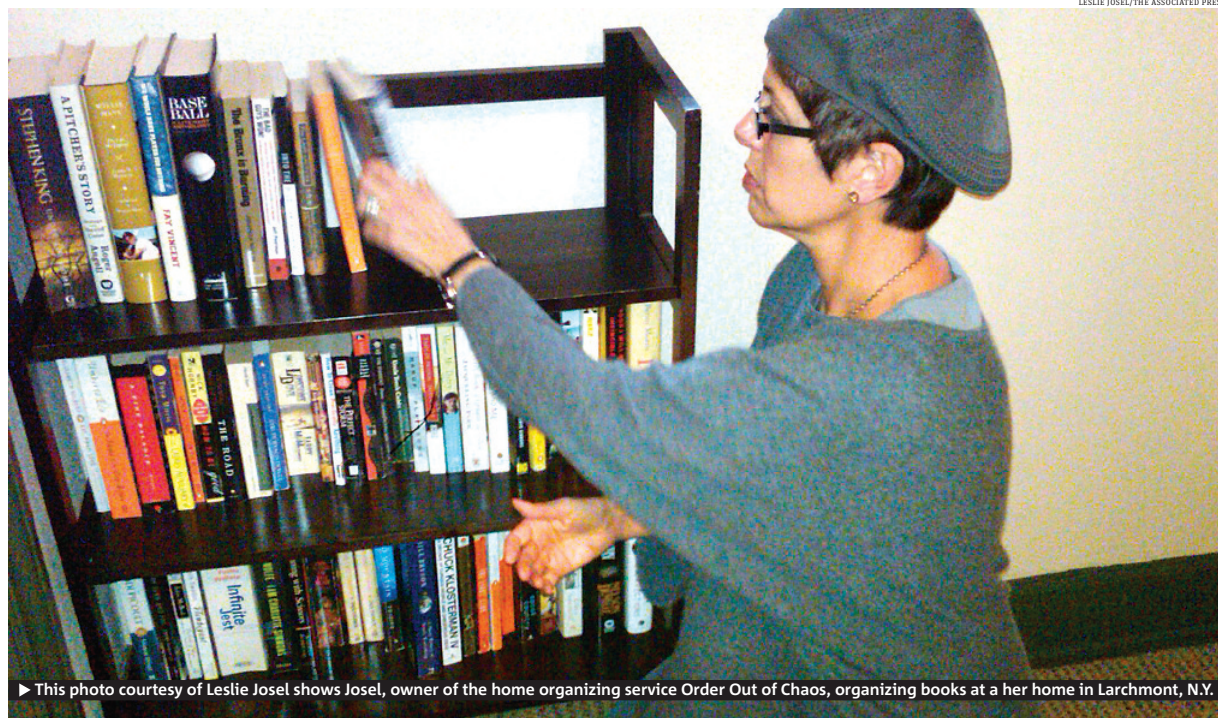
And books can be harder to kick out than termites.

"Of all the stuff I try to get rid of as an organizer, books are the most difficult," says Leslie Josel, owner of the home organizing service Order Out of Chaos, in Larchmont, N.Y. They are not usually worth much money, and they are heavy.

My problem was, I still kind of wanted them myself. The first big hurdle of book purging: emotional attachment.

Unlike termites, my **"With clothes, it is easy to donate them, as you can bag them up and have them picked up from your home. With books, you often need to bring them to a location."**

LESLIE JOSEL



LESLIE JOSEL/THE ASSOCIATED PRESS

► This photo courtesy of Leslie Josel shows Josel, owner of the home organizing service Order Out of Chaos, organizing books at a her home in Larchmont, N.Y.

books were invited into my house or bestowed as gifts. My kids had classics inscribed to them by their grandparents. I had important, canonical works. The problem was, some of them were never liked, or even read. Years of accumulation had resulted in unwieldy towers and double-loaded shelves full of novels, parenting books and travel guides, some from trips never taken or classes 30 years past.

"The clutter in our

## 'Clarity'

- "Organization of books brings clarity into a person's life," says Nicola Walter, president of Nicola Walter Design & Decor, Inc. in New York City.
- She suggests arranging

houses becomes like another person living there — the most dysfunctional one," says Josel.

OK, dysfunctional family member, time to stop

volumes by topic, and stacking those of current interest on a coffee table or nightstand. Then, "make a visual composition of the bookshelf."

- That means stacking books both vertically and horizontally, and giving

taking up space.

I started with the children's books. Those below the youngest child's reading level could, except for a few sentimental

them some air in between where you can place pretty bookends, photographs, sculptures or vases.

- "These objects act as a reminder of which books are where, and which books I use more frequently," she says.

favourites, be weeded out. Books that my older kids had enjoyed could be saved at the top of a closet for the youngest.

That was a warmup ex-

ercise. On to the adult section.

Books in foreign languages last studied in high school: out. Gifts that only revealed the bizarre taste of the giver: out. Books that were Important Prize Winners but too daunting to read: out. Mostly. Aww, look where I wrote Rolling Stones lyrics in my high school poetry anthology. Save.

See, that's what happens. I had to stay strong.

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# Office betting pools on the rise: Survey

**MONICA WEYMOUTH**  
WORK@METRONEWS.CA  
METRO WORLD NEWS

It probably won't surprise many cubicle-dwellers this time of year, but the number of employees who report betting in the workplace is on the rise. According to a survey by Vault.com in the United

## March Madness

**Basketball.** Though the Super Bowl was the most popular office betting event in 2008 (51 per cent of workers reported their offices

betting on the game versus 48 per cent for March Madness), basketball is bouncing back in 2011: 65 per cent reported office brackets, while 58 per cent saw Super Bowl bets this year.

States, 71.5 per cent of those surveyed took part in office betting pools, while 82 per cent report-

ed that their co-workers participated.

It's a substantial increase from 2008, when



► Betting pools are work can be fun, but it's best done in moderation.

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only 58 per cent admitted to betting. And while 47 per cent of workers didn't know their companies' policies, employers probably shouldn't scramble to amend them.

"If it's done in moderation, it can be seen as something that is fun and

harmless to the overall office," says Jason Levin, Vault.com's resident career expert. "The cost of this fun is not expensive, and 40 per cent won under \$200."

Even though the prize may be modest, Levin points out that it can go a

long way if you're a boss. "This is a really great team-building opportunity," he says.

"If you're a manager and use the money to take your team out to lunch, it's a great opportunity to show how you care about your team."

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## Crosby back on ice, but return date still not set

Sidney Crosby skated again yesterday with a handful of teammates.

The Pittsburgh Penguins captain spent about 45 minutes on the ice at Consol Energy Center, according to the team's website. Crosby is still working his way back from a concussion and hasn't been cleared to participate in full practices yet.

"That conversation has not been broached and I don't have expectations for it right now," Penguins coach Dan Bylsma told reporters before a 2-1 shootout win over Florida. "Obviously, I'm encouraged to watch him on the ice and watch him skate and go through the paces that he's going through."

Crosby last played on Jan. 5, when he was hit hard into the boards by Tampa Bay Lightning defenceman Victor Hedman. Bylsma said "there's been no expectations" about when Crosby will return to the Penguins lineup.

THE CANADIAN PRESS



## Underdog Rams Final Four bound

Move over, Butler. Virginia Commonwealth is crashing the Final Four.

The 11th-seeded Rams are heading to Houston, and final No. 1 seed Kansas is heading home after a spectacular collapse.

Jamie Skeen scored 26 points as the Rams delivered the biggest upset of the NCAA tournament, shocking the Jayhawks 71-61 yesterday to become just the third 11th seed to ever make the Final Four.

The Rams needed five wins to go from First Four to Final Four. Along the way, they toppled teams from the Pac-10, Big East, Big 10, ACC and now the Big 12. THE ASSOCIATED PRESS

# Atlanta hopeful despite all odds

► Mathematically eliminated Senators miss chance to play spoiler against Thrashers ► 'We just turned the puck over too many times,' Clouston says

BRUCE BENNETT/GETTY IMAGES



► Andrew Ladd of the Thrashers scores the shootout winner against Craig Anderson of the Senators in Atlanta yesterday.

Thrashers goaltender Chris Mason knows his team has no margin for error with the playoffs still far out of sight.

"We have put ourselves in a terrible position," he said. "If we have any hope at all, we basically need to win every game and get some help along the way."

Blake Wheeler and Ben Maxwell each had a goal and an assist, Andrew Ladd scored the deciding shootout goal, and Atlanta stayed on the fringe of the playoff race with a 5-4 victory over the Ottawa Senators yesterday.

Wheeler scored his 16th, Bryan Little his 17th,



Mark Stuart his second and Maxwell his first career goal for Atlanta (32-31-12).

Marek Svatos had his third and fourth goals, Chris Neil his sixth, and

Erik Condra his sixth for Ottawa (29-37-10).

The Thrashers have won two of three, but they are mathematically alive for a post-season spot. With 76 points — nine behind Buffalo for the eighth and final Eastern Conference playoff spot — 11th-place Atlanta also trails Carolina and Toronto in the standings.

Ottawa had won two straight and four of five.

Ladd, the fourth and final Atlanta skater in the shootout, had the only goal. Senators goalie Craig Anderson stopped Rob Schremp, Little and Wheeler before Ladd beat

him stick side.

"I just wanted to come in and shoot hard, see what was open," Ladd said. "I went backhand, then forehand and it went in. It's nice, but we shouldn't have put ourselves in that position."

Anderson, who stopped 43 of 47 shots, ended an eight-game winning streak in shootouts that dated to December 2009 with Colorado.

"The law of averages is going to even things out," Anderson said. "I lost eight in a row when I was in Florida. My job is to weather the storm."

THE ASSOCIATED PRESS

## Holland comes up short in final



"Silver may not be the colour that we wanted, but it's still pretty good."

CANADIAN SKIP AMBER HOLLAND

Olympic champion Anette Norberg of Sweden stole two points in the final end yesterday to edge Amber Holland's Canadian team 7-5 at the world women's curling championship.

The Regina skip had the hammer in the 10th end but her final shot didn't quite make it to the button.

"We're disappointed,"

said Holland. "We played a pretty good game. We weren't as sharp off the start as we wanted to be and didn't play the 10th end very well."

"We felt like we were in control — even after the ninth we were in control, you've just got to execute in the 10th."

Until the last rock, Cana-

da had carved out a game that made it favourites for the title.

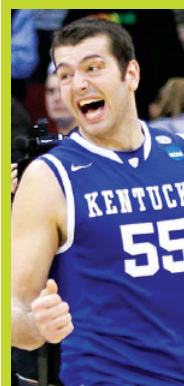
The team got off to a slow start at the tournament by going 1-3 over its first four games. But it finished the round robin strong and won three straight playoff games to reach the final.

THE CANADIAN PRESS

# 4

sports

### Quoted



"A lot of people doubted us. A lot of people really didn't think we'd be the team we are. We really pulled it together as a team, and we're back now."

SENIOR CENTRE JOSH HARRELLSON YESTERDAY AFTER HIS FOURTH-SEEDED KENTUCKY WILDCATS KNOCKED OFF THE SECOND-SEEDED NORTH CAROLINA TARHEELS TO ADVANCE TO THE NCAA FINAL FOUR.



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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dc-Philadelphia	75	45	20	4	6	238	200	100	21-11-2-4	24-9-2-2	5-1-1-3	L1
dc-Washington	76	44	22	5	5	205	182	98	22-8-2-5	22-14-3-0	8-2-0-0	W1
d-Boston	75	42	23	5	5	226	178	94	18-13-3-2	24-10-2-3	4-4-2-0	W1
x-Pittsburgh	76	45	23	5	3	218	183	98	24-13-2-0	21-10-3-3	8-2-0-0	W4
Tampa Bay	75	40	24	5	6	223	228	91	22-11-1-4	18-13-4-2	3-3-2-2	W1
NY Rangers	76	41	30	2	3	218	181	87	18-16-1-3	23-14-1-0	8-1-0-1	W1
Montreal	76	40	29	4	3	200	196	87	22-11-3-3	18-18-1-0	4-6-0-0	L3
Buffalo	75	38	28	8	1	222	210	85	18-16-3-1	20-12-5-0	6-3-1-0	W3
Carolina	75	35	30	5	5	211	224	80	20-13-2-2	15-17-3-3	4-5-1-0	L1
Toronto	76	34	32	5	5	201	232	78	17-14-3-4	17-18-2-1	5-4-1-0	L1
Atlanta	75	32	31	5	7	210	246	76	17-15-2-5	15-16-3-2	6-3-1-0	W6
New Jersey	75	34	36	3	2	155	189	73	18-15-2-1	16-21-0-2	4-5-0-1	L3
NY Islanders	76	29	39	7	5	210	241	70	16-17-1-4	13-18-6-1	4-3-2-1	L2
Florida	76	29	36	5	6	185	209	69	15-15-4-4	14-21-2-1	3-5-0-2	L5
Ottawa	76	29	37	5	5	175	233	68	14-19-2-3	15-18-3-2	6-3-0-1	L1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	76	50	17	4	5	247	175	109	25-8-1-4	25-9-3-1	9-1-0-0	W3
d-Detroit	75	44	22	5	4	242	213	97	20-12-3-2	24-10-2-2	5-3-1-1	W1
d-San Jose	76	44	23	4	5	224	199	97	21-11-2-3	23-12-2-2	6-1-0-3	W1
Phoenix	77	41	25	7	4	219	212	93	19-13-4-2	22-12-3-2	7-2-1-0	L1
Los Angeles	75	43	26	4	2	207	181	92	23-12-3-0	20-14-1-2	7-1-2-0	W3
Nashville	76	41	25	6	4	202	192	92	22-8-2-5	19-17-2-1	8-1-1-0	W6
Anaheim	75	42	28	3	2	214	217	89	23-12-1-1	19-16-2-1	7-3-0-0	W1
Chicago	74	40	26	3	5	239	204	88	23-15-0-0	17-11-4-4	5-3-1-1	L1
Calgary	77	38	28	4	7	235	226	87	22-12-1-3	16-16-3-4	4-4-1-1	W1
Dallas	74	38	26	4	6	208	210	86	20-11-3-5	18-14-1-1	4-3-2-1	L3
Minnesota	75	35	32	3	5	188	213	78	17-16-2-3	18-16-1-2	1-7-2-0	L8
St. Louis	75	34	32	4	5	212	219	77	21-12-1-3	13-20-3-2	6-4-0-0	W2
Columbus	75	33	31	4	7	200	230	77	16-17-1-3	17-14-3-4	2-5-1-2	L4
Colorado	74	28	38	7	1	207	262	64	15-18-4-0	13-20-3-1	2-8-0-0	L2
Edmonton	75	23	41	2	9	180	249	57	12-20-1-5	11-21-2-3	1-6-1-2	L9

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W/L column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

## Yesterday's results

Vancouver 4 Columbus 1  
Atlanta 5 Ottawa 4 (SO)  
Boston 2 Philadelphia 1  
Pittsburgh 2 Florida 1 (SO)  
Saturday's results  
Calgary 5 Edmonton 4 (SO)  
Detroit 4 Toronto 2  
Washington 2 Montreal 0  
Anaheim 2 Chicago 1  
Buffalo 2 New Jersey 0  
Los Angeles 4 Colorado 1  
Nashville 4 Dallas 2  
N.Y. Rangers 1 Boston 0  
Philadelphia 4 N.Y. Islanders 1  
San Jose 4 Phoenix 1  
St. Louis 6 Minnesota 3  
Tampa Bay 4 Carolina 2

## Tonight's games

Chicago at Detroit, 7:30 p.m.  
Colorado at Anaheim, 10 p.m.  
Tomorrow's games  
Chicago at Boston, 7 p.m.  
Buffalo at Toronto, 7 p.m.  
Philadelphia at Pittsburgh, 7 p.m.  
Carolina at Washington, 7 p.m.  
Florida at Columbus, 7 p.m.  
Atlanta at Montreal, 7:30 p.m.  
Ottawa at Tampa Bay, 7:30 p.m.  
Minnesota at St. Louis, 8 p.m.  
Vancouver at Nashville, 8 p.m.  
Los Angeles at Edmonton, 9 p.m.  
Dallas at Phoenix, 10 p.m.  
Wednesday's games  
N.Y. Rangers at Buffalo, 7 p.m.  
N.Y. Islanders at New Jersey, 7 p.m.  
Montreal at Carolina, 7 p.m.  
St. Louis at Detroit, 7 p.m.  
Anaheim at Calgary, 8:30 p.m.

(goals-chances) — Ottawa: 0-1; Atlanta: 0-4.  
Referees — Chris Rooney, Gord Dwyer. Linesmen — Brad Kovachik, Jean Morin.  
Attendance — 16,392 (18,545).

## CANUCKS 4, BLUE JACKETS 1

First Period  
Vancouver, E. Hroff (Higgins, Raymond) 7:52  
Penalties — Torres Vcr (high-sticking) 2:02, MacKenzie Cb (roughing) 12:59, Higgins Vcr (tripping) 19:08.

Second Period  
No Scoring.  
Penalty — Hansen Vcr (elbowing) 14:14.

Third Period  
2. Vancouver, H. Sedin (D. Sedin, Kesler) 3:36 (pp)  
3. Vancouver, Higgins 12 (Kesler, Raymond) 9:03  
4. Columbus, Umberger 24 (Vermette) 11:07  
Vancouver, Higgins 13, 17:36 (pp)

Penalties — Lepisto Cb (tripping) 3:22, Kesler Vcr (goaltender interference) 4:29, Burrows Vcr (hooking) 5:24, Voracek Cb (goaltender interference) 13:35, Vermette Cb (interference) 16:06.  
Shoots  
Vancouver 7 5 12 24  
Columbus 13 12 15 40  
Goal — Vancouver: C. Schneider (W, 15-3-2); Columbus: G. Aaron (L, 10-12-5). Power plays (goals-chances) — Vancouver: 2-4; Columbus: 0-5.  
Referees — Dean Morton, Kevin Pollock.  
Linesmen — Vaughn Rody, Greg Devorski.  
Attendance — 14,469 (18,144).

## SATURDAY

## RED WINGS 4, MAPLE LEAFS 2

First Period  
1. Detroit, Zetterberg 22 (Lidstrom, Hudler) 5:05 (pp)  
2. Toronto, Kadri 2 (Crabb) 17:56

Penalties — Crabb Tor (hooking) 4:24, Stuart Det (tripping) 15:23.

Second Period  
3. Detroit, Holmstrom 15 (Kronwall, Rafalski) 9:17 (pp)

Penalties — Kind Det (holding) 3:48, Lupul Tor (hooking) 8:45, Boyce Tor, Abdelkader Det (fighting) 15:56, Helm Det (tripping) 17:03, Hudler Det (high-sticking) 19:53.

Third Period  
4. Toronto, Lupul 11 (Kessel, Phaneuf) 6:11  
5. Detroit, Hudler 10 (Zetterberg) 6:49  
6. Detroit, Bertuzzi 15 (Kronwall) 19:08 (en)

Penalties — None.  
Shoots  
Toronto 9 5 10 24  
Detroit 15 4 10 29

Goal (shots-saves) — Toronto: Reimer (L, 17-8-4); Detroit: Howard (17-15), MacDonald (W, 5-4-2) (6:11 third-7). Power plays (goals-chances) — Toronto: 0-4; Detroit: 2-2.

Referees — Bill McCreary, Marcus Vinnerborg.  
Linesmen — Thor Nelson, Vaughan Rody.  
Attendance — 20,066 (20,066).

## CAPITALS 2, CANADIENS 0

First Period  
1. Washington, Sturm 5 (Backstrom, Alzner) 1:24  
Penalties — Subban Mtl (holding) 5:02, Kostitsyn Mtl (holding) 7:36, Eller Mtl (high-sticking) 15:23.

Second Period  
No Scoring.  
Penalties — Pouliot Mtl (tripping) 4:05, Hendricks Wash (holding) 17:21.

Third Period  
2. Washington, Semin 26 (Backstrom, Sturm) 16:19  
Penalties — Semin Wash (holding) 6:40, Johansson Wash (delay of game) 16:49.

Shoots  
Washington 12 14 7 33  
Montreal 3 8 7 18

Goal — Washington: Holtby (W, 10-2-2); Montreal: Price (L, 34-27-6). Power plays (goals-chances) — Washington: 0-4; Montreal: 0-3.

Referees — Dan O'Rourke, Kelly Sutherland.  
Linesmen — Steve Miller, Derek Nansen.  
Attendance — 21,273.

FLAMES 5, OILERS 4 (SO)

First Period  
1. Edmonton, Paajarvi 12 (Cogliano, Omark) 15:24  
Penalty — MacIntyre Edm (roughing) 9:01.

Second Period  
2. Calgary, Iginla 35 (Giordano, Kostopoulos) 8:22 (pp)  
3. Edmonton, Hartikainen 1 (Eberle, Peckham) 9:21  
4. Edmonton, Fraser 3, 19:24 (sh)

Penalties MacIntyre Edm (interference) 7:22, Petry Edm (closing hand on puck) 18:06.

Third Period  
5. Edmonton, Jones 17 (O'Marra, Reddick) 3:31  
6. Calgary, Iginla 26 (Giordano, Backlund) 5:50 (pp)  
7. Calgary, Glenross 23 (Iginla, Giordano) 12:09  
8. Calgary, Staios 3 (Bourque, Jokinen) 18:05

Penalty — Hartikainen Edm (interference) 5:15.  
Overtime  
No Scoring.  
Penalties — Regehr Cal (high-sticking) 4:17, Giordano Cal (tripping) 4:58.

Shootout  
Calgary wins 1-0  
Calgary (1) — Tanguay, goal; Bourque, miss.  
Edmonton (0) — Eberle, miss; Jones, miss; Hartikainen, miss.

Shoots  
Calgary 6 11 13 31  
Edmonton 10 7 4 0-21

Goal — Calgary: Kiprusoff (W, 34-23-6); Edmonton: Dubnyk (L, 10-12-8). Power plays (goals-chances) — Calgary: 2-4; Edmonton: 0-2.

Referees — Brian Peckham, Dennis LaRue.  
Linesmen — Mike Czik, Mark Wheeler.  
Attendance — 16,839 (16,839).

## MLB

## SPRING TRAINING

Yesterday's results  
Toronto 9 Baltimore (ss) 5  
Baltimore (ss) 4 Boston 3  
Chicago White Sox 2 Milwaukee 1  
Cincinnati 9 Arizona 6

Cleveland 6 L.A. Dodgers 1  
Colorado (ss) 6 Chicago Cubs 4  
Colorado (ss) 5 Oakland 2  
Detroit 8 Houston 4

Florida 6 Washington 4  
Kansas City 7 San Francisco 4  
L.A. Angels 9 San Diego 2  
Minnesota 7 N.Y. Yankees 6

Philadelphia 6 Atlanta 1  
Pittsburgh 5 Tampa Bay 4  
St. Louis 3 N.Y. Mets 1  
Texas 5 Seattle 4 (10 innings)

Saturday's results  
Washington 10 Houston 0  
Florida 6 St. Louis 5  
Baltimore 7 Tampa Bay 2  
Detroit 3 Philadelphia (ss) 1  
N.Y. Yankees 4 Pittsburgh 2

Toronto 7 Philadelphia (ss) 6  
N.Y. Mets 8 Atlanta 2  
Chicago Cubs 6 Texas 5  
L.A. Angels 6 Chicago White Sox 3

L.A. Dodgers 5 San Diego 4  
Milwaukee 2 Seattle 1 (10 innings)  
Kansas City 9 Arizona 6  
San Francisco (ss) 9 Cincinnati 6  
Minnesota 9 Boston 8

Colorado 4 Oakland 1  
San Francisco (ss) 8 Cleveland 5

## CRICKET

## WORLD CUP

Quarter-Finals  
Saturday's result  
At Colombo, Sri Lanka  
Sri Lanka (231 for no loss) def. England (229-6) by 10 wickets.

Friday's result  
At Dhaka, Bangladesh  
New Zealand (221-8) def. South Africa (172-6) by 49 runs.

Thursday's result  
At Ahmedabad, India  
India (261-5) def. Australia (260-6) by 5 wickets.

Wednesday's result  
At Dhaka, Bangladesh  
Pakistan (113, without loss) def. West Indies (112, all out) by 10 wickets.

Semifinals  
Tomorrow's match  
At Colombo, Sri Lanka  
New Zealand vs. Sri Lanka

Wednesday's match  
At Mohali, India  
Pakistan vs. India

Basketball  
NCAA Tournament  
Regional Championship  
East Regional  
Yesterday's result  
Kentucky 76 North Carolina 69

Southeast Regional  
Saturday's result  
Butler 74 Florida 71 (OT)

Southwest Regional  
Yesterday's result  
Virginia Commonwealth 71 Kansas 61  
New Zealand vs. Sri Lanka

West Regional  
Saturday's result  
Connecticut 65 Arizona 63

Final Four  
At Houston  
National Semifinals  
Saturday, April 2  
Kentucky (29-8) vs. Connecticut (30-9)  
Butler (27-9) vs. Virginia Commonwealth (28-11)

National Championship  
Monday, April 4  
Semifinal winners

## TENNIS

## SONY ERICSSON OPEN

At Key Biscayne, Fla.  
MEN  
Singles — Third Round  
David Ferrer (6), Spain, def. Somdev Devvarman, India, 6-4, 6-2.

Mardy Fish (14), U.S., def. Richard Gasquet (17), France, 6-4, 6-3.

Marcel Granollers, Spain, def. Michael Llodra (23), France, 7-5, 3-6, 7-5.

John Isner (30), U.S., def. Alex Bogomolov, Jr., U.S., 6-2, 7-6 (4).

Kevin Anderson, South Africa, def. Pablo Andujar, Spain, 6-2, 6-3.

WOMEN  
Singles — Third Round  
Kim Clijsters (2), Belgium, def. Maria Jose Martinez Sanchez (27), Spain, 6-4, 4-6, 6-3.

Francesca Schiavone (5), Italy, def. Lourdes Dominguez Lino, Spain, 6-4, 7-6 (2).

Agnieszka Radwanska (9), Poland, def. Maria Kirilenko (24), Russia, 7-6 (2), 6-3.

Marion Bartoli (15), France, def. Ekaterina Makarova, Russia, 6-0, 6-2.

Ana Ivanovic (19), Serbia, def. Virginie Razzano, France, 2-6, 6-2, 3-0, (retired).

## GOLF

## ARNOLD PALMER INVITATIONAL

At Orlando, Fla.  
Par 72  
Final Round  
Martin Laird, \$1,080,000  
Steve Marino, \$648,000  
Justin Rose, \$312,000  
Marc Leishman, \$312,000  
David Toms, \$312,000  
K.J. Choi, \$208,500  
Spencer Levin, \$208,500  
Sergio Garcia, \$186,000  
Mark Wilson, \$186,000  
Fredrik Jacobson, \$162,000  
Jim Furyk, \$162,000  
Eduardo Molinari, \$94,800  
Aaron Baddeley, \$94,800  
Ian Poulter, \$94,800  
D.J. Trahan, \$94,800  
Stewart Cink, \$94,800  
Rand Poulton, \$94,800  
J.J. Henry, \$94,800  
Heath Slocum, \$94,800  
Brian Davis, \$94,800  
Kyle Stanley, \$94,800  
Ryan Moore, \$94,800  
Trevor Immelman, \$94,800  
Also  
Stephen Ames, \$12,360

75-65-70-75-280  
71-67-71-72-281  
72-72-68-68-282  
72-72-66-71-282  
74-67-69-72-282  
72-64-76-71-283  
69-70-71-76-283  
73-68-73-284  
74-72-70-69-285  
71-71-73-70-285  
74-69-71-71-285  
72-75-72-67-286  
76-69-72-69-286  
71-71-73-71-286  
72-71-72-71-286  
76-71-68-71-286  
73-72-70-71-286  
75-70-69-72-286  
75-70-68-73-286  
70-72-71-73-286  
74-73-66-73-286  
74-67-71-74-286  
72-71-68-75-286

75-69-76-75-295

Curling  
World Women's Championship  
At Esbjerg, Denmark  
Yesterday's results  
Gold Medal  
Sweden 7 Canada 5  
Bronze Medal  
China 10 Denmark 9 (extra end)

Saturday's results  
Page Playoffs  
Three vs. Four  
Canada 10 Denmark 7 (extra end)

Semifinal  
Canada 8 China 5

Canadian Senior Championship  
At Digby, N.S.  
MEN  
Saturday's result  
Championship  
Manitoba 7 Alberta 5

WOMEN  
Saturday's result  
Championship  
New Brunswick 8 Ontario 6

## NBA

## EASTERN CONFERENCE

y-Chicago 53 19 .736 —  
y-Boston 51 21 .708 2/  
x-Miami 51 22 .699 2/  
x-Orlando 47 26 .644 6/  
x-Atlanta 42 32 .568 12  
Philadelphia 37 36 .507 16/  
New York 35 38 .479 18/  
Indiana 32 42 .432 22  
Charlotte 30 42 .417 23  
Milwaukee 29 43 .403 24  
Detroit 26 47 .356 27/  
New Jersey 23 49 .319 30  
Toronto 20 53 .274 33/  
Washington 17 54 .239 35/  
Cleveland 14 58 .194 39

WESTERN CONFERENCE  
W L Pct GB  
x-San Antonio 57 16 .781 —  
y-L.A. Lakers 52 20 .722 4/  
x-Dallas 51 21 .708 5/  
x-Oklahoma City 47 24 .662 9  
Denver 44 29 .603 13  
Portland 42 30 .583 14/  
New Orleans 42 31 .575 15  
Memphis 41 33 .554 16/  
Houston 38 35 .521 19  
Phoenix 36 35 .507 20  
Utah 36 38 .486 21/  
Golden State 31 42 .425 26  
L.A. Clippers 29 45 .392 28/  
Sacramento 20 52 .278 36/  
Minnesota 17 57 .230 40/  
d — division leader; x — clinched playoff berth; y — clinched division.

Yesterday's results  
Sacramento 114 Philadelphia 111 (OT)  
Memphis 111 San Antonio 104  
Atlanta 99 Cleveland 83  
Miami 125 Houston 119  
Boston 85 Minnesota 82  
Portland at Oklahoma City  
Washington at Golden State  
New Orleans at L.A. Lakers  
Dallas at Phoenix

Saturday's results  
Atlanta 98 New Jersey 87  
Charlotte 114 New York 106  
Detroit 100 Indiana 88  
Chicago 95 Milwaukee 87  
Dallas 94 Utah 77  
L.A. Clippers 94 Toronto 90

Tonight's games  
Milwaukee at Charlotte, 7 p.m.  
Boston at Indiana, 7 p.m.  
Orlando at New York, 7:30 p.m.  
Philadelphia at Chicago, 8 p.m.  
Portland at San Antonio, 8:30 p.m.  
Washington at Utah, 9 p.m.

Tomorrow's games  
Miami at Cleveland, 7 p.m.  
Houston at New Jersey, 7 p.m.  
Golden State at Oklahoma City, 8 p.m.  
Phoenix at Sacramento, 10 p.m.

Lacrosse  
NLL  
East Division  
GP W L Pct GF GA GB  
x-Toronto 12 9 3 .750 141 114 —  
x-Buffalo 11 8 3 .727 122 102 1/  
Rochester 11 6 5 .545 106 117 2/  
Boston 13 6 7 .462 133 120 3/  
Philadelphia 12 4 8 .333 109 138 5

West Division  
GP W L Pct GF GA GB  
x-Calgary 12 9 3 .750 153 132 —  
x-Washington 12 6 6 .500 155 143 3  
Minnesota 11 5 6 .455 124 124 3/  
Edmonton 12 3 9 .250 131 160 6  
Colorado 10 2 8 .200 89 113 6  
x — clinched playoff berth.

Week 12  
Yesterday's result  
Buffalo 12 Minnesota 9  
Saturday's results  
Colorado 9 Boston 8 (OT)  
Rochester 13 Philadelphia 10  
Friday's results  
Calgary 13 Toronto 9  
Edmonton 14 Minnesota 13  
Washington 9 Boston 8

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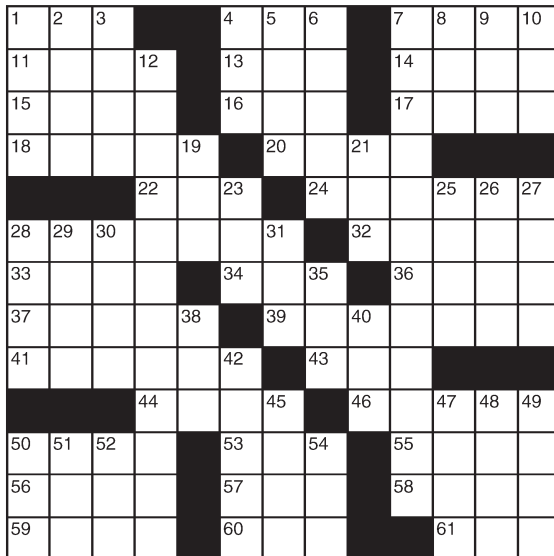
## Crossword

### Across

1 Puncturing tool  
4 Hooter  
7 Vatican VIP  
11 Bloke  
13 — Beta Kappa  
14 Acknowledge  
15 Head's opposite  
16 Up to, briefly  
17 — of Good Hope  
18 Backpack part  
20 Stare stupidly  
22 Sweet potato  
24 Pizza need  
28 Olympic spear  
32 "Strange as it seems, ..."  
33 On the rocks  
34 Slight touch  
36 Chills and fever  
37 Mercenary  
39 First AFL president, Samuel  
41 Purim heroine  
43 Thee  
44 Mormon state  
46 Vestibule  
50 — the Terrible  
53 Bowling target  
55 — En-lai  
56 Platter  
57 Anger  
58 Island dance  
59 Egyptian cross  
60 Morning moisture  
61 See 3-Down

### Down

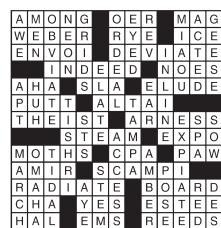
1 Performances  
2 "Eh?"  
3 Bear's hideaway  
4 Choose, with



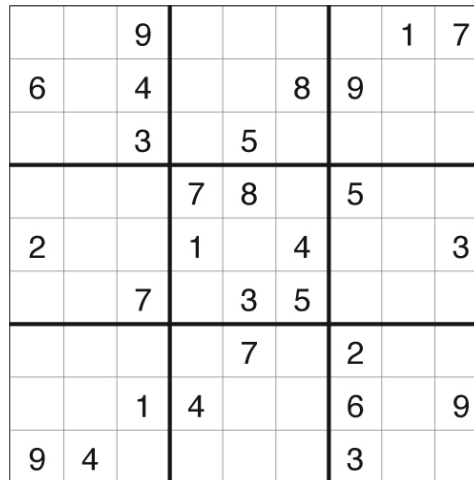
"for"  
5 Fillmore, for one  
6 Light-purple shade  
7 Was potent  
8 Eggs  
9 Soda  
10 Ram's ma'am  
12 Was guided by intuition  
19 Chum  
21 "—cares?"  
23 Central  
25 Rim  
26 Insult  
27 Sightseers?  
28 Nonsense talk

29 Experts  
30 Let it all out  
31 Kvetch  
35 Lad  
38 Allow  
40 Curly's brother  
42 Fast  
45 Employ  
47 Dull sound of impact  
48 Portrayal  
49 Money of China  
50 Gilbert and Sullivan princess  
51 Actor Diesel  
52 Request  
54 Fresh

### ► Yesterday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### ► Yesterday's answer

4	5	7	3	2	8	6	1	9
2	3	6	9	4	1	5	7	8
9	8	1	7	6	5	4	2	3
3	4	9	1	8	2	7	5	6
1	7	5	6	3	9	8	4	2
6	2	8	4	5	7	3	9	1
8	1	4	2	7	3	9	6	5
5	6	2	8	9	4	1	3	7
7	9	3	5	1	6	2	8	4

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

My guni gugu, the love of my life. Thank you for loving me and thank you for making me a part of your life. You mean the world to me. Love you forever, **BABA**

Baby, I love you with all I have. You are the only guy for me and I know we will be together forever. You are everything I could ever need and want. You are the love of my life. Boogies Forever! Love **SARAH**

Bubybear, I lalalalove u soo hard!!! You be the man of my dreams!!! years&counting<3 M+A+12 nights of JA=love4ever!! I can't wait babe! Xoxoxo love you **GX- OXOXOXO**

El, Happy 24th Birthday! I hope your year is filled of sexy times, super slices, model gf moments and tummy aching laughs. Love you to the moon and back <3 **JL**

## Today's horoscope

**♈ Aries** March 21-April 20 If someone lets you down today it will take all your powers of self-control not to get annoyed, or at least not to let it show. Smile and pretend it's no big deal.

**♉ Taurus** April 21-May 21 Do you push ahead with something you know is going to need a lot of time, a lot of work and a lot of patience, or do you sit back and take things easy? Only you can decide but that decision must be made now.

**♊ Gemini** May 22-June 21 Your choice today is clear: either you forgive and forget or you see to it that someone suffers for what they have done to you. Is it really worth starting a war over? Probably not.

**♋ Cancer** June 22-July 22 Just because someone occupies a position of power does not mean you have to agree with what they say. At some stage today you will get the chance to speak up and you must not waste it. Be brave.

**♌ Leo** July 23-Aug. 23 You have made no end of sacrifices for the people you love and asked for little in return. Now you must do something for yourself. Take the time you need to get your thoughts together.

**♍ Virgo** Aug. 24- Sept. 22 You might like to pretend that you don't really care what someone is saying about you but deep down you do. Do you take their criticism to heart? No you do not.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 If self-belief really is half the battle then you are one of life's winners. You certainly don't lack for confidence but you might need a little more common sense today if you are to make the most of your chances.

**♏ Scorpio** Oct. 24-Nov. 22 There is no point planning too far ahead at the moment. Focus on tying up loose ends and making sure there is nothing that can hold you back or trip you up.

**♐ Sagittarius** Nov. 23-Dec. 21 Channel your energy into areas where you can have a positive effect on those around you. Negative emotions can be allowed no place in your life.

**♑ Capricorn** Dec. 22-Jan. 20 Follow your instincts and, if necessary, be ruthless in pursuit of what it is you want most from life. If achievement is what turns you on then just go for it.

**♒ Aquarius** Jan. 21-Feb. 18 You seem unable to decide whether to get serious about a relationship or whether to keep it at arm's length. You will have to decide one way or the other by the end of the week.

**♓ Pisces** Feb. 19-March 20 If your sixth sense tells you to be cautious you would be wise to heed the warning. It may be there is nothing much to worry about but you won't know for sure until later in the week. **SALLY BROMPTON**

## Caption contest



"I don't know why Atlas found this so hard"  
**HEATHER**

## WIN! You write it!

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<b>07 Equinox LS</b> • Utility, Load, A/C st: 31723 km: 55739 <b>\$13,620</b> \$124*** Bi-weekly	<b>08 Tribute GX</b> • Load, A/C st: 29529 km: 54908 <b>\$17,950</b> \$164*** Bi-weekly	<b>07 Ford Edge SEL</b> • AWD, Load, A/C, Lthr st: 31769 km: 100986 <b>\$18,850</b> \$172*** Bi-weekly	<b>10 Lancer DE</b> • Load, A/C, Auto st: 31769 km: 35690 <b>\$14,740</b> \$119*** Bi-weekly	<b>10 Sentra Xtronic CVT</b> • Load, A/C, Auto st: 31218 km: 37455 <b>\$13,950</b> \$113*** Bi-weekly	<b>07 Accord SE</b> • Load, A/C, Auto, Roof st: 31637 km: 91105 <b>\$12,980</b> \$118*** Bi-weekly
<b>09 Odyssey LX</b> • Load, A/C st: 31368 km: 64091 <b>\$21,870</b> \$169*** Bi-weekly	<b>GREAT VEHICLES UNDER \$10,000</b>				<b>06 Outlander LS</b> • 4WD, Load, A/C, Std st: 31710 km: 97898 <b>\$10,980</b> \$114*** Bi-weekly
<b>09 Avenger</b> • Load, A/C st: 31736 km: 81762 <b>\$10,650</b> \$86*** Bi-weekly	<b>07 Civic DX-G</b> • Load, A/C, Std st: 31586 km: 66534 <b>\$9,840</b> \$90*** Bi-weekly	<b>07 Calibre SXT</b> • Load, A/C st: 31750 km: 102450 <b>\$7,890</b> \$72*** Bi-weekly	<b>07 Mazda3</b> • Std st: 31752 km: 73090 <b>\$8,250</b> \$81*** Bi-weekly	<b>09 PT-Cruiser</b> • Load, A/C, Auto st: 31810 km: 65217 <b>\$8,950</b> \$72*** Bi-weekly	<b>08 Corolla CE</b> • Load, A/C, Roof, Auto st: 31502 km: 82948 <b>\$10,750</b> \$98*** Bi-weekly
<b>07 Ford Ranger Sport</b> • Load, A/C, Auto st: 31647 km: 43721 <b>\$11,730</b> \$107*** Bi-weekly	<b>07 Versa 1.8SL</b> • Load, A/C, Auto st: 31795 km: 96725 <b>\$8,960</b> \$82*** Bi-weekly	<b>07 Matrix</b> • Std st: 31443 km: 91796 <b>\$8,850</b> \$81*** Bi-weekly	<b>07 Saturn Aura</b> • Std st: 31699 km: 86391 <b>\$9,660</b> \$88*** Bi-weekly	<b>07 Mazda5 GS</b> • Load, A/C st: 31628 km: 113646 <b>\$9,410</b> \$86*** Bi-weekly	<b>06 Nissan X-Trail XE</b> • Utility, 4WD, Load st: 31392 km: 97650 <b>\$10,950</b> \$115*** Bi-weekly
<b>09 Mazda6 GS</b> • Load, A/C, Roof, Auto st: 31659 km: 31204 <b>\$17,950</b> \$145*** Bi-weekly	<b>07 Uplander LS</b> • Load, A/C st: 31512 km: 90245 <b>\$9,650</b> \$88*** Bi-weekly	<b>07 Focus SE</b> • Load, A/C st: 31662 km: 78401 <b>\$6,980</b> \$64*** Bi-weekly	<b>09 Spectra LX</b> • Load, A/C st: 31179 km: 55680 <b>\$9,980</b> \$81*** Bi-weekly	<b>07 Montana SV6</b> • Load, A/C st: 31570 km: 60703 <b>\$9,370</b> \$85*** Bi-weekly	<b>10 Suzuki SX4</b> • Load, A/C st: 31749 km: 54238 <b>\$11,740</b> \$95*** Bi-weekly
<b>07 Santa Fe GL</b> • Load, A/C, Auto st: 31312 km: 92609 <b>\$14,970</b> \$136*** Bi-weekly	<b>08 Pontiac G5</b> • A/C, Auto st: 29154 km: 68276 <b>\$7,950</b> \$72*** Bi-weekly	<b>06 Optra5</b> • A/C, Std st: 29115 km: 57034 <b>\$6,950</b> \$73*** Bi-weekly	<b>08 Swift</b> • A/C, Auto st: 31777 km: 27176 <b>\$8,950</b> \$82*** Bi-weekly	<b>07 Yaris</b> • Auto st: 31689 km: 89980 <b>\$8,750</b> \$80*** Bi-weekly	<b>09 Gr. Caravan SE</b> • Stow-N-Go, Load, A/C st: 31695 km: 28939 <b>\$16,380</b> \$133*** Bi-weekly
<b>09 Impala LS</b> • Load, A/C st: 28976 km: 63031 <b>\$13,840</b> \$112*** Bi-weekly	<b>08 Tucson</b> • AWD, Load, A/C, Auto st: 311074-A km: 73787 <b>\$14,850</b> \$135*** Bi-weekly	<b>07 Buick Rendezvous</b> • Load, A/C, Auto st: 31802 km: 87590 <b>\$10,980</b> \$100*** Bi-weekly	<b>06 Mini Cooper</b> • Load, A/C, Roof, Lthr, Std st: 31633 km: 82727 <b>\$15,830</b> \$167*** Bi-weekly	<b>07 Volvo S40</b> • Load, Auto st: 31705 km: 87043 <b>\$15,870</b> \$145*** Bi-weekly	<b>08 Altima 3.5S</b> • Load, A/C, Auto st: 31555 km: 87360 <b>\$13,640</b> \$124*** Bi-weekly

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